

SPLASH NEWS

Morgan Hill, CA

408-782-2134

No Practice Halloween

There will be no Splash practice this Thursday 10/31.

Happy Halloween!



Mark Your Calendar

| | |
|-----------------|----------------------------------|
| October 31 | No Practice (Halloween) |
| Nov. 27-29 | No Practice (Thanksgiving Break) |
| Nov. 29-Jan 1 | 12 Days of Splash Challenge |
| Dec. 13 | No Practice (Event at AC) |
| Dec. 23– Jan. 1 | No Practice (Holiday Break) |
| January 6 | 12 Days Rewards Party |
| April 8 | Long Course Wednesdays Begin |
| April 25 | Spring Splash Meet |
| June 8 | Summer Practice Schedule Begins |
| June 13 | Meet # 1 @ Los Gatos (A) |
| June 20 | Meet # 2 @ Westgate (A) |
| June 27 | Meet # 3 vs. Los Ranchitos (H) |
| July 11 | Meet # 4 vs. Encore (H) |
| July 25 | CHAMPS @ Home |

TAKE A SCREENSHOT OF THE ABOVE FOR QUICK REFERENCE!



12 Days of Splash Challenge

November 29—January 1

With hopes of keeping everyone motivated during the Holiday season, we are excited to announce the return of the **12 DAYS OF SPLASH CHALLENGE!**

How it works:

1. **You must check in to the CRC or AC a total of 12 times from November 29 –January 1.**

AKA you must work out 12 separate days between November 29 –January 1

2. **What counts as work out:**

- Splash Practice
- Independent Lap Swimming (30 minutes minimum)
- Group Fitness Classes
- Independent workout at CRC (only athletes 13+)
- Running (10 & Under: 1/2 mile minimum ///// 11+ one mile minimum)



****Since you can run anywhere, this will not count as an AC or CRC “check in”. A note/email from parents vouching for the completion of the run will suffice for credit. And no, the mile you run at school does NOT count :) ****

Everyone that completes the 12 Days of Splash Challenge will receive a cap, and an invitation for a winter “pool party” during practice on January 6th where we will enjoy cool ice cream while floating and socializing INSIDE the warm instructional pool!

Pool rafts and toys welcome!

I encourage everyone to stay active this Holiday season! Even if it is just push ups, sit ups, and jumping jacks in your living room....every little bit counts! Stay focused, stay active, stay FIT! :)

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2020 Spring Splash Meet

Saturday April 25, 2020

Arrive: 9:00am

Warm Ups: 9:30am

Meet Starts: 10:00am

Hopeful Finish: 2:00pm

We will run standard Cabana League events for this meet to prep the newer swimmers for the races they will swim this Summer! Swimmers are welcome to “swim up” events that are not offered to their age group. (4) individual events will be allowed + (2) relays!

| <u>Age</u> | <u>Events</u> |
|-------------------|--|
| 4-6 | 25 Free, 25 Back, 25 Breast, 25 Fly |
| 7-8 | 25 Free, 25 Back, 25 Breast, 25 Fly, 50 Free |
| 9-10 | 25 Free, 25 Back, 25 Breast, 25 Fly, 100 IM |
| 11-12 | 50 Free, 50 Back, 50 Breast, 50 Fly, 100 IM |
| 13-18 | 50 Free, 50 Back, 50 Breast, 50 Fly, 100 IM |